



**MAKE YOUR CYCLE
YOUR SUPERPOWER
WORKBOOK**

ZESTY
Ginger



WELCOME TO THE 5 DAY CHALLENGE!

In this workbook you will find details about how to understand your cycle as well as a blank worksheet. Fill this out as we go through the 5 days of the challenge. Now remember, the ladies who set time aside for each day of the challenge, take notes and then take action get the **BEST RESULTS!**

We are so excited to have you experience an improvement in energy, mood and productivity once you really get in the flow of your cycle :)

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WHY IS YOUR FEMALE CYCLE IMPORTANT?

Syncing with your cycle is extremely important when it comes to living energetically and joyfully in the female body. It's essentially working with the efforts of your body, instead of going against its underlying attempts at keeping you happy and healthy.

We don't expect flowers to bloom in the winter and in a similar way, we shouldn't expect our bodies to be active 24/7.

Forcing ourselves to be on-the-go on a daily basis depletes our resources and can lead to fluctuations in weight, stress and anxiety, acne and health issues. On the contrary, working with the body's natural cycle has been shown again and again to increase energy, clear up skin, improve moods, make it easier to lose weight, and give us an overall feeling of power in our own skin.

The human body has very few things that it does all the time (with some notable exceptions). Just like nature, our human bodies have a unique design for growth and decay, action and rest, introspection and communication.

Living in tune with these phases is the key to health, happiness & and true abundance.

THE FEMALE CYCLE EASILY EXPLAINED

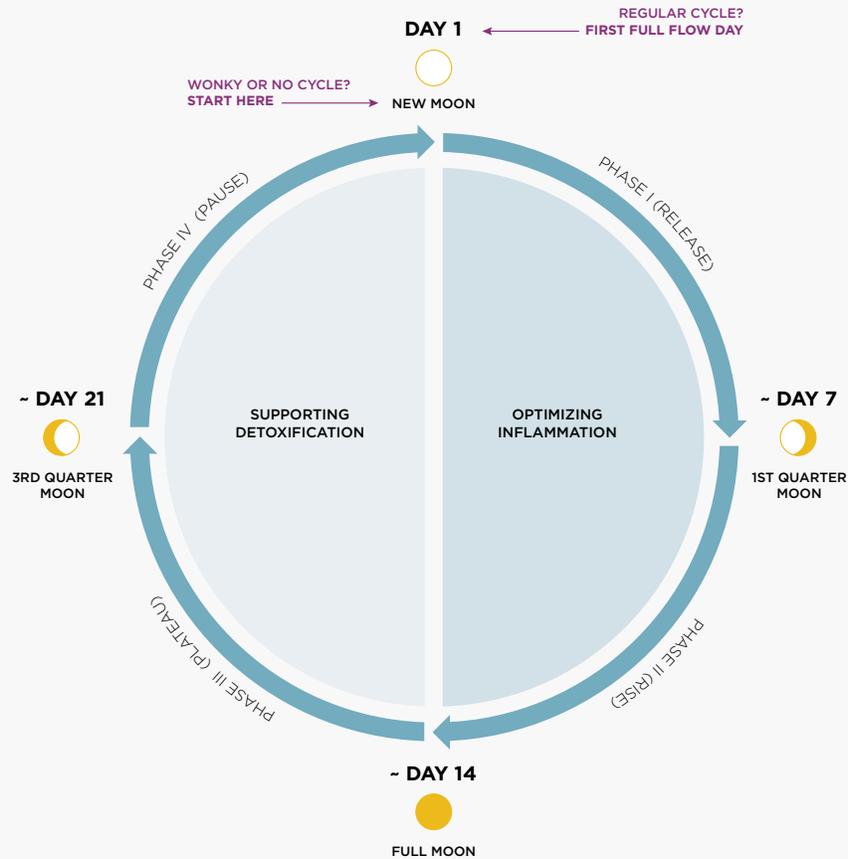
There are 2 main events when it comes to your female health throughout the month:

OVULATION: #1 important event during your cycle that will determine how you feel

PERIOD: tells you a lot about your internal state & how your body is doing

By understanding how these impact your life, you can take advantage of what the body is already doing to be the best mom & human you can be!





DAY 1 BEGINS ON THE VERY FIRST DAY OF YOUR "FULL FLOW" PERIOD. (SPOTTING DOESN'T COUNT!)

THE 4 PHASES

WHAT THIS MEANS...

- If you're on your period, you're in Phase 1.**
- If you're ~ 7 days out from your period and heading towards ovulation, you're in Phase 2.
- If you're the week after ovulation, you're in Phase 3.
- If you're the week before your period, you're in Phase 4.

**Projected for a 28 day cycle. Lengthen or shorten the duration based on your individual cycle.

For An Irregular Flow or a Non-existent One

- If it's the week after the New Moon, you're in Phase 1.
- If it's the week following the 1st Quarter Moon, you're in Phase 2.
- If it's the week after the Full Moon, you're in Phase 3.
- If it's the week following the 3rd Quarter Moon, you're in Phase 4.

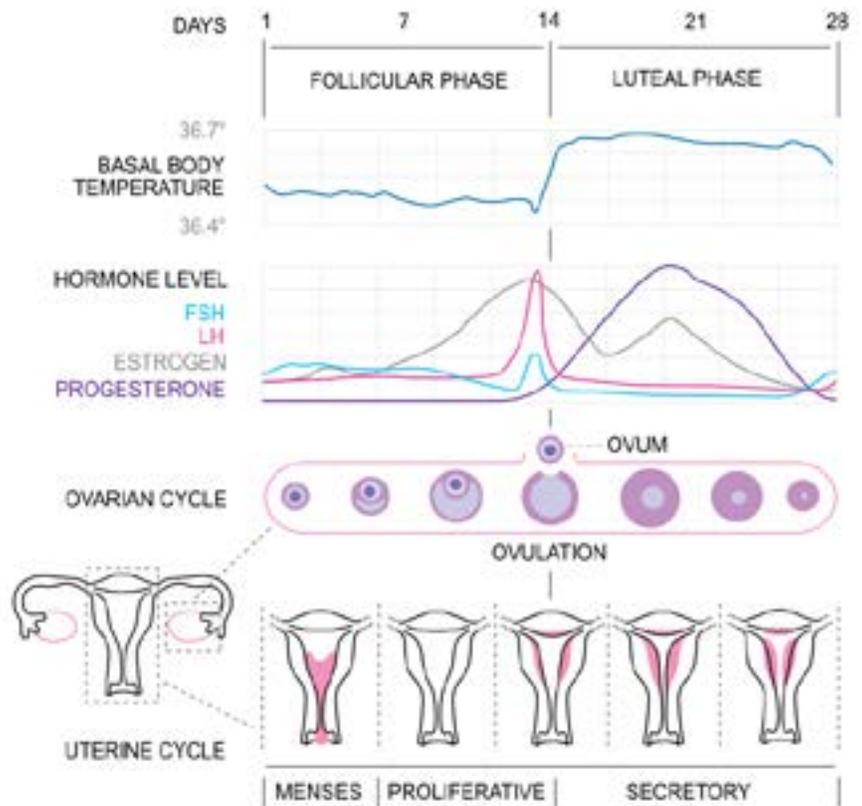


TRACKING OVULATION

Now for those of you who are a little more advanced and have been tracking your cycle (or the moon!) for a long time, here are some advanced tips on how to track ovulation.

START TRACKING BASAL BODY TEMPERATURE

In order to track your basal body temperature, you will need a basal thermometer (digital or glass. (see the workbook from the welcome email yesterday for a chart to write on!). Every night before bed shakes down the thermometer if it is glass. And every morning before you get out of bed, eat or drink, place the thermometer under your tongue for 5 minutes. Record your daily temperature by placing a dot on the chart. Most people will see a very clear pattern with their temperature in the first half of the phase being much lower and then 24 to 48 hours after ovulation temperatures rising by .4-.8 degrees.



For much more detailed instruction, we love the book - [Taking Charge of Your Fertility](#) by Toni Weschler.

Fill this worksheet in below on each day of the 5 Day Challenge:

PERIOD

1ST
HALF

OVULATION

2ND
HALF

PERIOD

Day #1 - Lifestyle: _____

Day #2 - Tea: _____

Day #3 - Mindset: _____

Day #4 - Food: _____

Day #5 - Relationship: _____

Day #3 - Mindset: _____

Day #1 - Lifestyle: _____

Day #2 - Tea: _____

Day #3 - Mindset: _____

Day #4 - Food: _____

Day #5 - Relationship: _____

Day #3 - Mindset: _____

Circle your TOP CHOICE for what you are going to implement **this week**. Schedule out the other activities in your calendar so that you don't forget about all the great tips you just learned. We can't wait to see what you chose! Tag us on instagram @zesty_ginger #YourCycleSuperpower



WHO ARE WE

Dr. Alex is a functional MD, trained at the University of Chicago. She is also a consultant for Precision Analytical, the creators of the DUTCH test that is used inside our premier program, [The Healthy Hormones Group Program](#). Besides her extensive education in both conventional & functional medicine, she's experienced severe endometriosis, recovered from a diagnosis of premature ovarian failure, has gone through multiple rounds of IVF and lives with chronic pain... all which help her show up for the women they work with.

megan is an engineer turned Functional Diagnostic Nutrition Practitioner with a long history of helping women optimize their health. She's also a DUTCH certified practitioner and an ADAPT trained provider with a passion for all things functional. Megan fell off the hormonal cliff after the birth of her first child... and has dedicated her life since then to making sure that no other lady has to go through the same thing.

In their 28 day program [Zestier](#), Dr. Alex and Megan teach women to transform their cycle into their superpower. They have over 10 year of combined experience and have helped over 600 women return to feeling their best. It's your turn to get back to YOU!

(PS: As you can tell by the photo, we're best friends and have a BUNCH of fun doing what we do.)